



**Barbara L. DeLong, R. Psych.**  
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 Office Hours: Tuesday, Wednesday, Thursday  
 NSBEP#: R0506 CRHSP#: 06368

### AREAS OF PRACTICE

<b>Abuse:</b> Emotional / Physical Sexual Adoption Issues Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Blended/Step Family Issues Body Image Issues Caregiver Stress	Couple Therapy Depression / Loneliness Eating Disorders Family of Origin Issues Grief / Loss / Bereavement Habit Change <b>Health Issues:</b> Acute/ Terminal / Life Threatening Obsessive-Compulsive Personal Growth / Wellness Phobias / Fears /Panic	Relationship Issues Self Esteem Separation / Divorce/Infidelity <b>Sexual:</b> Orientation Stress Management <b>Workplace Issues:</b> Stress / Burnout / Retirement Bullying
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### TREATMENT APPROACH

### POPULATION

Integrative:  
 Cognitive-Behavioural  
 Interpersonal  
 EMDR

Adolescent 16-18  
 Young Adult 19-25  
 Adult >25  
 Aged ≥65

### PROFILE

- Over 15 years in private practice on the South Shore
- Holistic approach
- Client's own counseling goals direct the course of therapy
- Day and evening appointments available
- Self-referrals are welcome
- When calling for more information or to make an appointment please expect to leave a message